

Vitamins

Music by Samuel Roberts

Lyrics by Paul Taylor

Chorus 1

What keeps your body moving,
And all your senses grooving?
From the tiny green pea to the red strawberry.
From A to K you will,
Find vitamins fulfil,
Your nutritional needs,
From food that starts as seeds.

Verse 1

Vitamin A keeps you fighting fit.
Carrots, mango, spinach, peppers, kale, are a hit!
Vitamin B you get from sprouts and peas.
Keep your nervous system strong like Hercules!

Chorus 2

Vitamin C for healing,
Oranges are appealing,
For healthy bones and skin broccoli is a win!
From A to K you will,
Find vitamins fulfil,
Your nutritional needs,
From food that starts as seeds.

Verse 2

Vitamin D, muscles teeth and bones.
Direct contact from the sunlight, you're in the zone!
Vitamin E you get from nuts and seeds.
Natural defence is what my body needs.

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Chorus 3

In leafy veg you'll find,
Vitamin K, the mastermind,
For clotting your blood and helping your wounds to heal.
From A to K you will,
Find vitamins fulfil,
A healthy way to begin the day.
And it starts with

Part 1

A!
B!
C!
D!
E!
And
K!

Part 2

Red peppers,
Bananas,
Strawberries,
Sun on me,
Nuts and seeds,
Broccoli,
Leafy greens,

Part 3

Vitavitavitamins,
Vitavitavitamins,
Vitavitavitamins,
Vitavitavitamins,
Vitavitavitamins,
Vitavitavitamins,
Vitavitavitamins,

(All)

Stay healthy with fruit and veg inside of me.

